



## Assertiveness

# Communication styles

There are 3 main communication styles.

Assertive Communication

Aggressive Communication and

Passive Communication

Try to complete the sentences

Assertive communication is when
Aggressive is when
Passive is when

## Dictionary Work!



Use a dictionary - either a book or online - to find the definitions for each of these terms.

Assertive means:

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Aggressive means:

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Passive means:

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How did you get on?

It is important that we realise that we all react in these ways to situations at different times. Our feelings and our behaviour are closely linked.

## **Identifying our feelings**

Draw some legs on the spider and name some feelings:





## How do our feelings affect our behaviour?

Choose 4 feelings you wrote down on the spider diagram and discuss how someone might behave if they were feeling like that. The first one is done for you.

1 Name the feeling **anger**

If I feel like this I might behave in these ways:

**I might shout, swear, scream, lash out.**

2 Name the feeling \_\_\_\_\_

If I feel like this I might behave in these ways:

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3 Name the feeling \_\_\_\_\_

If I feel like this I might behave in these ways:

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4 Name the feeling \_\_\_\_\_

If I feel like this I might behave in these ways:

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So, how does all this fit in with our ability to be assertive?

You should try to write in full sentences!

### **Case Study**

You have lost a £10 note. You think you had left it on the table at home and it's not there now. The only people who have been in your house are you, your mum, your brother and his friend.

Write down how you might react to this if you were:

Very tired

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Really happy because it is your birthday and you've been given some lovely presents - and some cash!

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Cross that your brother's friend has been round because you don't like him.

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Think about why you think you react in these different ways. Perhaps you could discuss this with others in your household.



## Getting personal .....

Can you think of a situation where you reacted in a way different from how you would normally react because of your feelings.

## What about Other People?

We have spent a lot of time thinking about our feelings and how they affect our behaviour and the way we react to others. We now need to consider other people.

Do you think that other people's behaviour varies depending upon how they feel?

What clues do others give us as to their feelings?

Make a list of some of the ways you can use to help you tell how someone else is feeling:

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## How does our behaviour affect other people?

Think about the following statement and then, using full sentences, write down your thoughts.

Our behaviour can 'infect' others just as a cold germ can infect another person.

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**Make a list of some of the jobs you might do where you might experience the bad behaviour of other people:**

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How would you begin to deal with this?

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## Ways of Getting your Point Across to Others in an Assertive Way

It's really important to realise that there is no easy method of making sure that you can be assertive.

We all have situations when we react in one particular way and, afterwards, think there would have been a better way of doing things.

### Apply

You are about to become a student at Bury College.

- 1 Write your own Code of Behaviour
- 2 Identify any triggers to negative behaviours that you have and strategies you can use to make sure you continue to behave appropriately.

You can present this in any way you choose. Just remember to bring it to Induction in September!!



We are looking forward to welcoming you to College.